



LET'S SPROUT A BEAN SEED!

DIFFICULTY: EASY

You can have a green thumb just like Daisy! It all starts with the seed. Add light, water and air, and that seed will grow big and strong—like you! Let's sprout a bean seed, watch as its roots, stem and leaves grow, and then plant it.



MATERIALS



- Two bean seeds
- One piece of paper towel
- Clear container
(ex: baby food jar, small mason jar or clear plastic or glass 4 - 6 oz cup)



INSTRUCTIONS

- 1 Fold your paper towel lengthwise in half and in half again.



- 2 Slide the folded paper towel inside your container. It should wrap all the way around.
- 3 Sprinkle water onto the paper towel, getting it just a little bit wet.



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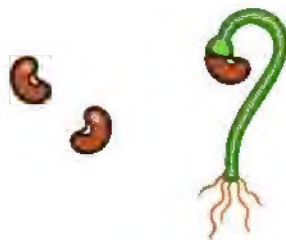
- 4 Carefully place your two seeds on opposite sides of the container, in between the paper towel and the side of the container, and about halfway up from its base. (You should be able to see your seeds. See Step 4 photo.)
- 5 Place your container in a warm place that gets sunlight.
- 6 Check your container once a day to make sure the paper towel is still damp. If it's not – sprinkle it again!
- 7 Your seeds should begin to show activity in three to five days.
- 8 Once your seeds begin to sprout, you can make a bean pot! (Instructions below!)

STEP 4



LET'S TAKE A CLOSER LOOK AT YOUR SEEDLING!

- 1 Point out the roots! What do they look like?
- 2 Spot the seed. Describe what it looks like now that it has sprouted.



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LET'S MAKE A BEAN POT!

DIFFICULTY: EASY

Now that you have your bean seedlings, let's give them a home! A bean pot will give your seedlings plenty of room to bloom and grow!



MATERIALS



- Milk carton
- Tray (such as a cookie sheet, for placing under the bean pot)
- Safety scissors
- Soil
- Non-toxic paint (optional)
- Colored paper or fabric (optional)



INSTRUCTIONS

- 1 Clean your milk carton and let dry.
- 2 Grab an adult to help you cut your carton!
- 3 Lay it on its side, and cut off one side.
- 4 Flip the carton over and use scissors to make three to four small holes on the other side. (See Step 4 photo)
- 5 Place a tray underneath your cut carton (the side with the holes.)

STEP 4



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- 6** Let nature inspire you! Decorate the outside of your carton however you would like.



- 7** Once you're done decorating, fill the carton with soil almost all the way to the top.

- 8** When your beans have their first set of leaves, they are ready to move to your carton. (See Step 8 photo)

- 9** Poke four small holes half way through your soil.

- 10** Gently place your seedlings into each hole. Place the bean sprout roots in the soil, but the leaves and some stem should be above the soil.

- 11** Fill in each hole with more soil so the seedlings stay in place. Lightly water your seedlings. (Be mindful that water may gather on your tray)

- 12** Place the tray with your bean pot in a warm, sunny place and watch your seedlings grow! Remember to water them every few days. (See Step 12 photo)

STEP 8



STEP 12



NEXT STEP!

Try planting your seedlings outside in a flower pot, or a garden!

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